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Winnipeg metro



Your essential daily news | TUESDAY, JANUARY 5, 2016

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NIGHT OF TERROR

DONNA MAXWELL/FOR METRO

Domestic assault survivor Shaylene Wilson speaks out in hopes others will learn from her experience

metroNEWS

Deep chill: City knows the drill

INFRASTRUCTURE

Staff equipped to deal with frozen pipe emergencies



Stephanie Taylor
Metro | Winnipeg

Milder winter weather has no doubt brought relief to many Winnipeggers who suffered through an “unprecedented” number of frozen pipes over the past two years.

As of last week, the city’s reported count of frozen infrastructure sat at zero, and although city officials can’t predict the weather, staff took the opportunity during Tuesday’s water and waste committee to summarize what measures the city has in place in case another historic deep freeze hits.

The city says the winter of 2013-14 saw upwards of 2,300 pipes frozen — the worst on record — thanks to back-to-back weeks of record-setting lows, while another 223 pipes iced over last winter.

“Last year was actually pretty bad by historical standards, but nobody really noticed because we did a better job of responding,” Coun. Brian Mayes said afterwards.

“Two years ago obviously we had a crisis, but we geared up, got new machinery, new technology, better planning.”

Some of the other improvements include better co-ordination during road renewal construction to insulate water mains that are at risk or prone to freezing.

Another option is to bury pipes that have a history of freezing deeper into the ground, but such a plan comes with a \$150-million price tag and is not likely to happen, officials say.

Instead, a department manager says the city is currently reviewing a proposal from the University of Manitoba to conduct a “soil frost feasibility study” and is on the lookout for other thawing technology.

“It’s hard to even predict which properties freeze. The same property given the same weather conditions might not necessarily freeze every year,” said Tim Shanks, the city’s manager of water services.



TUESDAY
JAN 5

7PM

vs.



FRIDAY
JAN 8

7PM

vs.



SATURDAY
JAN 9

7PM

vs.



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**POLAR BEAR
JERSEY NIGHT**

JAN 9

PRESENTED BY





WATERBUS

City, U of M students to design new dock

Renovations are in the works for an out-of-service waterbus dock located along Winnipeg's Red River.

On Monday, the city's standing policy committee on water and waste OK'd the search to find design solutions — and eventually cash — to build a new dock at Gerald Lynch Park, located off the Osborne Street Bridge.

A report from city administration says the dock has been out of water for several years due to its deteriorating condition and fluctuating water levels.

"It's a really significant hole in the whole dock system. Because I mean honestly, people who want to use that water taxi want to go to Osborne Village," Coun. Jenny Gerbasi said Monday.

The city estimates renovations would cost upwards of \$1 million.

That breaks down to \$500,000 to rebuild the concrete landing and dock alone, plus an additional \$500,000 to install accessibility ramps, according to the report.

To brainstorm design alternatives for the fix, the city has turned to a group of 4th Year University of Manitoba civil engineering students, who have undertaken the task for a class project.

"I'm absolutely thrilled that you're bringing the students in," Gerbasi said on Monday.

The students' designs are due by April, in time for city staff to assess and submit renovations plans for the 2017 capital budget planning process.

STEPHANIE TAYLOR/METRO

Councillor defends lack of shared info

WATER TREATMENT

Coun. Gerbasi doesn't think staff hid plant problems



Stephanie Taylor
Metro | Winnipeg

One Winnipeg councillor jumped to the defence of city administrators over what has been criticized as silence about problems at the \$300 million Deacon water treatment plant, which culminated in a lawsuit last month.

Jenny Gerbasi told the city's Standing Policy Committee on Water and Waste Tuesday she doesn't believe department staff hid the fact critical design and structural failures had occurred in the plant, which opened in 2009.

"I just find it hard to believe that the administration would keep something of that magnitude (from council). Normally they would be having a conversation with the mayor of the day," she told reporters afterwards.

"The problem is there's no way to know who said what to whom."

News of the building's troubles broke in the media after the City of Winnipeg filed



Councillor Jenny Gerbasi says troubles at the \$300 million water treatment plant would likely have been told to former Mayor Sam Katz. METRO FILE PHOTO



We should have heard something a couple of years ago.

Coun. Brian Mayes

a lawsuit against AECOM Canada and other companies for a string of damages officials allege took place at the plant.

Some of the damages listed include serious leaks in the

roof to explosions in the plant's hypochlorite and chemical storage facilities.

Gerbasi said she felt the matter should have been shared with council and she would like to see the handling of the issue investigated.

Coun. Brian Mayes, who is chair of the water and waste committee, also said Tuesday he was "troubled" by the situation.

"We should have heard something a couple of years ago."

Despite the fact members of council were not privy to any knowledge of the plant's failures, Mayes said other staff and even former mayor Sam Katz may have been made aware of the situation.

If that were the case, Mayes said he believes that information should have been passed on.

Although the matter is before the courts, the city's executive policy committee is awaiting a briefing of the issue.

REPORT

City mulls year-round 'Know Your Zone'

Like it or not, the city is considering expanding its zone-based system for snow removal on Winnipeg's residential streets to other services, such as mosquito fogging and spring street cleaning.

Officials are set to present the idea Tuesday to the standing policy committee on infrastructure renewal and public works, after the initial report was granted a 90-day extension in October.

According to an administra-

tive report, staff were asked to study the best practices used in other jurisdictions and find a consistent 'Know Your Zone' system for all street services.

"Having a different zone or area for residential snow clearing and insect management, or no zone or area for the street clearing program, often leads to confusion for residents and leads to increased calls to 311, city departments and elected officials," the report reads.

STEPHANIE TAYLOR/METRO

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GOVERNMENT

Alberta's tax hikes could lead the way

A bond-rating agency says recent tax increases in Alberta give more leeway to other western provinces to raise taxes.

Standard and Poor has recently confirmed its AA rating for the Manitoba government. It noted that one of several factors in the decision was the Alberta government's recent tax changes, including a new surtax on higher personal incomes.

"With Alberta changing its corporate and personal income taxation, we believe that tax competition between Alberta and other Canadian provinces, especially those in Western Canada, will decrease, as will constraints on the ability to raise revenues," the agency wrote in a report.

Manitoba's NDP government has already faced public anger over tax hikes, most notably a 2013 decision to raise the provincial sales tax to eight per cent from seven.

Alberta has no provincial sales tax, but the NDP govern-

ment has revamped its formerly flat 10 per cent income tax rate. It has introduced new surtaxes for high-income earners, starting at \$150,000.

Manitoba is musing about new income surtaxes as well, although its existing rates are already above 10 per cent.

Fletcher Baragar, an associate professor of economics at the University of Manitoba, said small differences in corporate or income taxes don't mean much in terms of where people choose to live or set up businesses. With Alberta raising taxes, Baragar said bond rating

agencies feel other provinces will have an easier time, politically, raising their own taxes if need be to meet budget targets.

Manitoba Premier Greg Selinger said while his government has raised some taxes, it has lowered others, such as the education property tax for seniors and the small-business income tax rate. THE CANADIAN PRESS



Tax competition between Alberta and other Canadian provinces ... will decrease.

Standard and Poor report

CONTRABAND

Bust reveals 20,000 unmarked smokes

Ontario Provincial Police say a 58-year-old Manitoba man is facing charges following the seizure of contraband cigarettes in central Ontario.

Police say officers responded to a 911 call on Dec. 29 about a car in the centre median of Highway 400 in Seguin Township, about 220 kilometres north of Toronto.

Investigators say the driver was taken to hospital with

non-life threatening injuries.

As a result of the investigation, police allege 20,000 unmarked cigarettes were seized from the vehicle.

Henry Hacault of Winnipeg is charged with possession of unmarked cigarettes, and interfering with traffic.

Hacault is to appear in court in Parry Sound, Ont., on Feb. 2.

THE CANADIAN PRESS



We chose the tie because we feel that it symbolizes the ties that bind us to our children, to our missing men, and it connects us to each other. Lydia Daniels



Supporters gather in Long Plain First Nation west of Winnipeg to launch the necktie campaign. FACEBOOK

Love is a strong tie

COMMUNITY

Awareness campaign for missing men

The mother of a missing Manitoba man hopes her necktie campaign will help find her son and others who have disappeared.

Colten Pratt, who is 26, has been missing since November 2014 and Lydia Daniels has spent the last year trying to find him.

Daniels says that while there are awareness campaigns for women who have vanished — including red ribbons for missing and murdered indigenous women — she couldn't find anything for missing men.

On the weekend, she and her friends attached men's neckties to bridges on the Long Plain re-

serve and around hydro poles in downtown Winnipeg.

She says supporters have placed nearly 100 ties so far.

She hopes they might help jog someone's memory about her son's disappearance.

"We chose the tie because we feel that it symbolizes the ties that bind us to our children, to our missing men, and it connects us to each other," Daniels said.

She is still hopeful that she will see her son again.

Last spring, information surfaced that Pratt had been spotted at a bus shelter in Winnipeg the day after his disappearance.

Daniels would like others to hang ties for their missing loved ones. She's set up a Facebook group and is looking for donations of used ties to help continue her project.

CTV WINNIPEG/THE CANADIAN PRESS



A tie hangs at a bus shelter near the Redwood Bridge here in Winnipeg. FACEBOOK

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TRANSIT TUESDAY

Weekly Transit News Update



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The proposed new rule would see motorists forced to move over at least a metre when passing a cyclist. BIKEWINNIPEG.CA/HANDOUT

One-metre rule is a 'great idea': Selinger

TRAFFIC

Premier gets behind concept that protects cyclists on road

Manitoba Premier Greg Selinger is throwing his support behind a proposed new rule of the road affecting motorists and cyclists.

Selinger says a call to force drivers to move over at least

one metre when passing a cyclist is "a great idea" that he would like to see become law.

"Safety for active transportation makes sense. It's part of having a more livable city," Selinger said in a recent interview.

"It's in the interests of both parties to have a respectful understanding of what the zones of safety are."

Ontario recently passed a one-metre law and one of Selinger's backbenchers, Dave Gaudreau, wants Manitoba to follow suit.



Safety for active transportation makes sense.

Premier Greg Selinger

Gaudreau has put forward a private member's bill in the legislature and Selinger said he'd like to see it become law.

However, the bill is one of many currently on the agenda, and the legislature is scheduled

to sit for only 12 days before the campaign begins for the April 19 election.

Whether there is enough time to pass the bill will depend partly on the opposition, Selinger said.

Manitoba's Highway Traffic Act currently requires motorists only to keep "a safe distance" when passing cyclists.

Gaudreau has said specifying a one-metre rule will make things more clear and ensure cyclists are given ample room.

THE CANADIAN PRESS

ADMINISTRATION

Province pauses parkland rental fees

The Manitoba government is pausing hikes to land rents for cottages in provincial parks.

Conservation and Water Stewardship Minister Tom Nevakshonoff says increases to park district service fees will continue to be phased in to ensure cottage owners pay the full cost of actual services received.

The minister says increases to land rents won't come until a new assessment system is developed.

Cottage owners in provincial parks pay two fees — land rent

and park district service fees.

There are more than 6,000 cottages in Manitoba's provincial parks.

Consultations regarding fees have been ongoing and input has been received from cottage associations across the province.

Land values were updated in 2013 and land rent increases were to be phased in over ten years.

"All Manitobans value the beautiful parks, lakes and rivers that our province has to offer," Nevakshonoff said in a

news release Wednesday.

"We've heard from a number of cottage owners as we continue to consult on the process to ensure all cottage owners pay their fair share for the services they receive. We've listened to the Whiteshell Cottagers Association and other groups and that is why we will be freezing rents until the new assessment system is established."

Park district service fees are moving towards full cost recovery for things such as water and wastewater treat-

ment, road maintenance, and garbage and recycling services over the next two years.

In 2012 this fee recovered less than 45 per cent of service costs, while it's estimated that it will recover about 80 per cent in 2015.

"The Whiteshell Cottagers Association, along with our partners at other provincial park cottage associations, are very pleased that an agreement to freeze the land rent has been reached with the province," said Daniel Klass, association president. THE CANADIAN PRESS

‘He was going to kill me’

ASSAULT

Argument takes ‘extreme’ turn, threatens woman’s life

Donna Maxwell
For Metro | Winnipeg

The victim of a vicious domestic assault early on New Year’s Day says she hopes that by sharing her story, others will get help.

Shaylene Wilson, 22, suffered minor injuries after she was allegedly beaten and left trapped in a car that police said was deliberately crashed into a semi. The jaws of life were needed to extract her from the vehicle.

“Obviously it’s not a positive in my life, but if I can twist it in some way to try and help someone else. You never realize how bad something can get,” Wilson said.

“This is never something I would have imagined when I met him eight months ago and he’s cooking me dinner and cleaning the house for me ... I would never imagine



He manipulated me into letting him back into my life and a month later this is what happened.

Shaylene Wilson



The vehicle used in the attack sits in the Manitoba Public Insurance compound in Winnipeg.

SHAYLENE WILSON/HANDOUT

eight months later he’s trying to kill me.”

Police have charged Christopher Rutherford, 31, with attempted murder, two counts of assault causing bodily harm, uttering threats and kidnapping, along with numerous other offenses, for the Jan. 1 attack.

He is presumed innocent of all charges.

Police took the unusual step of releasing details about the attack Sunday due to its “extreme circumstances,” said Winnipeg police spokesman Const. Jason Michalysen.

Wilson, 22, said she was at a Portage Avenue bar when she and a man got into an argument. After leaving the bar, Wilson said she asked

for her keys to her car. They were thrown at her on the sidewalk, and when she tried to pick them up, she alleges, she was picked up and put into her car.

“I was yelling, ‘Help,’ and nobody helped me,” she said.

Wilson said she was driven around for about an hour, and yelled at during that time. The argument escalated and became violent, she said.

“That’s when he started punching me, pulling my hair. My hair’s all falling out because he was just ripping at it and he was slamming my head into the window,” she said.

“I had no doubt in my mind that he was going to kill me. He repeatedly told me how he was going to kill me, saying

that I was gonna die tonight.”

Wilson said at this point she was already bleeding from her nose. She said not only was her life threatened, but the lives of other family members as well.

Scared, Wilson said she put her seatbelt on just mo-



ments before the car was allegedly deliberately slammed along the passenger side into a parked semi at the corner of Arlington Street and St. Matthews Avenue.

The driver fled the scene, said police.

Wilson said the semi driver was sleeping in his vehicle with his dog, and he and a passing motorist called 911.

“I remember saying to them that he was trying to kill me and they called 911. The paramedics had to take

the door off in order to get me out of the vehicle.”

Wilson spent six hours in St. Boniface Hospital before being released.

She suffered cuts and bruises and whiplash and said she’s lucky to be alive today.

The man was under a protection order to stay away from Wilson, said Winnipeg police.

However, Wilson said despite the break-up and the protection order, she went back.

“He manipulated me into letting him back into my life and, a month later, this is what happened,” she said.

“It escalates so quickly. I mean I’ve known this person for eight months of my life, that’s it.”

Wilson said she’s afraid now to be alone, and she does fear her attacker, who’s in custody, will hurt her when he gets out.

“As long as he’s in custody I feel I’m safe, but whenever the day is he’s released I hope I’m not living in Manitoba because I have no doubt that (he’ll hurt me).”

+ ‘IT ESCALATES SO QUICKLY’

Potential abuse has its warning signs: Expert

Mary-Jo Bolton, clinical director at Klinik Community Health Centre, said there often are warning signs of potential abuse in relationships, but each circumstance is different and it’s difficult to say specifically what a warning sign is.

Bolton said everyone has different value systems, so it’s important for people to pay attention to their own values and to listen to their gut when they think their values are being compromised.

She said if people keep moving the line of what they accept in a relationship, perhaps that’s a warning sign.

“It’s hard to say — what’s a warning sign for me may not be a warning sign for

you,” said Bolton. “But the point is, are you listening inside when one of those little bells go off, or are you minimizing it?”

“What do you do with the warning sign when you see it is maybe one thing to pay attention to.”

She said though each situation is different, those who’ve been abused often say there were signs and they either just accepted an apology or rationalized the incident themselves.

Bolton said if people have concerns about a relationship, they should talk to someone. It doesn’t have to be a therapist or a counsellor, but someone they trust.

“Sometimes just saying it



Shaylene Wilson in the hospital following the incident. CONTRIBUTED

out loud and getting someone else’s thoughts on it, opinions on it, is helpful.” Others prefer to speak to someone anonymously, so there’s no judgement, Bolton said.

If someone is in a relationship and need to talk, they can call the Klinik crisis line at 204-786-8686 or Willow Place crisis line at 204-615-0311.

5

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MILITARY

Marijuana a lifeline for some ailing vets

It took six deaths on Easter Sunday, 2007, for Noah Starr's life to unravel.

It would take five years, thousands of pills, lost relationships and the discovery of medical marijuana before he won back some semblance of control.

"People call marijuana a gateway drug and it absolutely is. It's been the gateway to my recovery," said the former Canadian Armed Forces combat engineer from Fredericton, N.B.

Starr, now 31, can trace his troubles to a road about 75 kilometres west of Kandahar City, Afghanistan. It was there on April 8, 2007, that an improvised explosive device exploded as a light armoured vehicle carrying six Canadian soldiers drove past. Starr was nearby and among the first to respond.

Afterward, Starr put on a brave face but he was acutely aware he was suffering psychological problems and he told his superiors he needed help.

A doctor started him on a program built upon a cocktail of prescribed drugs to help him sleep, to deal with depression and to tamp down his anxiety.

Starr says if he ever forgot these drugs, "I would get a wicked withdrawal reminder and my quality of life was almost non-existent."

That regimen, which also included one year of anger-management therapy, continued for years, during which Starr said he was twice denied a transfer to one of the military's Joint Personnel Support Units. He wanted to return to Vancouver — he and his then-girlfriend's hometown — so that she could have family help with their two children while

he dealt with his psychological problems.

Starr stayed at CFB Gagetown where he said that the heavy doses of sleeping pills he was prescribed caused him to be chronically late for work. In December 2012, Starr was released from the military, judged "unsuitable for further service" because of personal problems "within his control" that had made him "an excessive administrative burden."

Starr had lost his mental health, his family and now his career. Preparing for life as a civilian, he began looking for a new treatment. He examined psychedelic drugs like LSD and Ecstasy, which have



Noah Starr
TORSTAR NEWS
SERVICE FILE

been shown to have some benefit in PTSD therapies.

He finally settled on marijuana, which he at first had to purchase illegally off the street — a transaction that only heightened his anxiety because of the fear of unknown substances or arrest.

"Even that stuff did have a wonderful effect on me," he said.

The marijuana was also a brake for Starr's uncontrollable anger, which would be set off by the slightest provocations.

Since early 2013, he has not touched any pharmaceutical drugs. Starr now runs a property management company and works as a marijuana mentor for CannaConnect, a company that helps veterans obtain prescriptions and benefits for medical marijuana. TORSTAR NEWS SERVICE

New superbug gene found in Canada

HEALTH

Scientists sound alarm on antibiotic resistance

An alarming new superbug gene that makes bacteria resistant to a last-resort antibiotic has been detected in Canada, Torstar News Service has learned.

The gene, called MCR-1, produces an enzyme that makes bacteria invincible to colistin, a highly toxic antibiotic used only when all other drugs have failed.

MCR-1 was first reported in November by scientists in China, who published a paper in *The Lancet*. Analyzing bacterial samples in southeastern China, researchers found 260 samples of *E. coli* with the MCR-1 gene on meat, hospital patients and farm animals — the likely source of this new superbug, the paper suggests.

So far, there have been no reports of deaths caused by MCR-1 and some people could be harbouring the superbug asymptotically. But the nightmare scenario is that MCR-1 will spread to more virulent bacterial strains that also carry other resistance genes — thus creating a "pan-resistant" superbug capable of defeating every antibiotic in the medicine cabinet.

Since the *Lancet* paper, at least a dozen other countries



A worker at a poultry farm in Hefei, China, on Nov. 20, 2015. Researchers in China have found *E. coli* with MCR-1, which produces an enzyme that makes bacteria invincible to a last-resort antibiotic, on meat, hospital patients and farm animals. AFP/GETTY IMAGES

have also found the MCR-1 gene. Among them is Canada, where an investigation was triggered in December by the Public Health Agency of Canada. A case report has been submitted to the *Lancet*, according to Dr. Michael Mulvey, chief of antimicrobial resistance with the PHAC's lab in Winnipeg.

The superbug gene was found in three different samples of *E. coli*, all previously collected for special research projects: one from a 62-year-old patient in Ottawa and two from ground beef sold in Ontario.

TORSTAR NEWS SERVICE

How bacteria fight back

Antibiotics like colistin are some of the most powerful weapons available to fight dangerous bacterial infections. Here are some ways bacteria like *E. coli* are evolving to defeat them.

1 Overuse

In China, livestock are given colistin in their feed; the antibiotic wards off infections and promotes animal growth.

2 Evolution

When exposed to high amounts of colistin, the evolutionary process of natural selection kicks in. Weaker strains are killed off while bugs that can overpower colistin survive.

3 Survival

Among the surviving bacteria are superbugs with the MCR-1 gene. The gene is located on a plasmid, a free-floating circle of DNA, and codes for an enzyme that makes it effectively invincible to colistin.

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SECURITY

Public safety minister to look into case of boy on no-fly list

When Sulemaan Ahmed saw his young son Adam's name on a "deemed high profile" list — and not for the first time — at Pearson airport before flying to Boston to see a hockey game he was so frustrated he tweeted a photo of it.

The photo appeared to show his son's legal name, Syed Adam Ahmed, with a DHP label and instructions on how to proceed before allowing the boy to check in.

"Why is our (Canadian-born) 6-year-old on DHP no-fly list?" Ahmed tweeted. "He must clear security each time. He is 6."

Khadija Cajee, his mother, says the family has faced "continuous delays" during travel since their son's birth, which appears to stem from the fact he shares a name with someone



Syed Adam Ahmed, 6, with his father. TORSTAR NEWS SERVICE

on the watch list. The family thought their case was unusual — and isolated. But since Ahmed's tweet last week, other parents have come forward to relate similar unpleasant experiences involving young children.

"It's not entirely common, but it's not unusual, either," said University of Toronto as-

sociate professor Emily Gilbert, who teaches Canadian Studies and specializes in Canada-U.S. border relations.

Public Safety Minister Ralph Goodale has said he would look into the family's case, but Cajee says she'd like to see changes to the system so this doesn't happen any more. TORSTAR NEWS SERVICE

Occupation continues

OREGON

U.S. ranchers report to jail as protesters stay on refuge land

Father-and-son ranchers convicted of setting fire to federal grazing land reported to prison Monday as the armed anti-government activists who have taken up their cause maintained the occupation of a remote Oregon wildlife preserve.

Authorities made no immediate attempt to retake the Malheur National Wildlife Refuge, which about two dozen activists seized over the weekend as part of a decades-long fight over public lands in the West.

There appeared to be no urgent reason for federal officials to move in. Meanwhile, the armed group said it wants an inquiry into whether the government is forcing ranchers off their land after the father and son were ordered back to prison for arson

on federal grazing lands.

The group calling itself Citizens for Constitutional Freedom demanded a government response within five days related to the ranchers' extended sentences.

Ammon Bundy — one of the sons of rancher Cliven Bundy, who was involved in a 2014 Nevada standoff with the government over grazing rights — told reporters that Dwight Hammond and his son, Steven Hammond, were treated unfairly.

The Hammonds were convicted of arson three years ago for fires on federal land in 2001 and 2006, one of which was set to cover up deer poaching, according to prosecutors. They said they lit the fires to reduce the growth of invasive plants and protect their property from wildfires.

The men served their original sentences — three months for Dwight and one year for Steven. But an appeals court judge ruled the terms fell short of minimum sentences that require them to serve about four more years.

THE ASSOCIATED PRESS



EUROPE DENMARK, SWEDEN DEAL BLOW TO BORDER-FREE ZONE Danish police patrol the border crossing near Flensburg, Germany, Monday. Germany says Europe's system of passport-free travel across borders is in danger following the decision by Denmark to step up controls on its southern frontier. Denmark and Sweden tightened border checks Monday to stem the flow of migrants. Sweden demanded passengers travelling by train from Denmark show ID, something that hasn't been required since the 1950s. ERNST VAN NORDE/POLFO TO VIA THE ASSOCIATED PRESS

IN BRIEF

Hebdo's special copy out

In a special edition laced with blasphemy, obscenity and profanity, Charlie Hebdo's surviving artists and writers declared that the satirical newspaper is alive, but "the murderer is still at large."

The copy marking the anniversary of the Jan. 7 attack on the paper's staff accuses Islamic fundamentalists, organized religion, an irresolute government and intelligence failures for the 2015 violence in France by extremists that started with that day. THE ASSOCIATED PRESS

Saudi's allies cut ties to Iran

Allies of Saudi Arabia followed the kingdom's lead Monday and scaled back diplomatic ties to Iran after the ransacking of Saudi diplomatic missions in the Islamic Republic, violence sparked by the Saudi execution of prominent Shiite cleric Sheikh Nimr al-Nimr.

Sudan and Bahrain said they would sever ties with Iran, as Saudi Arabia did late Sunday. The United Arab Emirates announced it would downgrade ties to Tehran. THE ASSOCIATED PRESS

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Icewine industry feels chill

AGRICULTURE

Unseasonable temperatures have delayed grape harvest

A late deep freeze this winter may have lifted the spirits of Ontario's icewine industry, but grape growers say bigger questions about the impact of a changing climate are creeping up on their business.

Canada is one of the few countries where temperatures in wine-growing regions drop to the -8 C required for icewine.

Laura Sabourin, who runs an organic vineyard outside St. Catharines, Ont., and supplies grapes to winemakers, said the unseasonably warm temperatures over the past month have delayed her harvest, but in previous years she has picked as late as the last week of January. "The harvest is going to be down, but that's not the result of this warm winter," she said. "It's the result of two previous cold winters."



Grape growers say there's still time for an icewine harvest in the coming weeks despite the mild winter, but bigger questions about the impact of a changing climate are creeping up on the industry. THE CANADIAN PRESS FILE

Even though icewine grapes are bred to withstand the cold, temperatures that drop too quickly can kill emerging buds

and even the vines themselves — which was the case over the past two seasons, Sabourin said.

Sabourin said Canadian vineyards have to look at strategies to protect themselves in the face of a changing climate.



Icewine is made from grapes left on the vine when the cold hits. ISTOCK

She said growers could bring in new varieties of grape that are designed for even tougher winters, adopt new harvesting and preservation techniques from specialized vineyards in colder climates such as burying the grapes, and diversify into other crops.

Patrick Gedge, president of the Winery & Grower Alliance of Ontario, said wine growers are investing in new technologies, such as wind machines that pull down warm air from higher in the atmosphere, to deal with shifting temperatures. THE CANADIAN PRESS

IN BRIEF

Gun sales soaring in U.S., new data indicates

Gun makers' stocks are surging in a slumping market, as new data indicates a sales jump after 2015 ended with more mass shootings and growing political pressure to tighten regulation in the United States. Numbers from the National Instant Criminal Background Check System show that background checks jumped about 38 per cent last month. Wedbush Securities analyst James Hardiman says that indicates a sizeable sales increase. THE ASSOCIATED PRESS

market minute

	DOLLAR 71.73¢ (-0.52¢)
	TSX 12,927.15 (-82.80)
	OIL \$36.76 US (-28¢)
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the big number

437,400

Of interest to those of us who aren't CEOs: This is the approximate number of open jobs there were in Canada at last count (the midpoint of 2015). **The average wage on offer was \$18.80 per hour.** Job seekers could consider a trek up to the Yukon, whose job-vacancy rate, at five per cent, is the nation's greatest. Head to chilly Nunavut for the best wages on offer, where the average vacant position pays a cool \$28 per hour. Most of the jobs available across the country, however, likely pay far less. The most common roles employers were looking to fill in 2015 included retail salespeople, cashiers, food and beverage servers, truck drivers, customer service reps and landscaping and farm labourers. The only professional categories in the top 10 were chefs and "computer and information systems professionals" — so if you've been meaning to try your hand at learning code, now may be the time. SOURCE: STATISTICS CANADA

Trudeau's radicalism: Be good, not just better-off

Richard Gwyn



Probably because so many spokespersons from the Queen to the Pope were uttering their thoughts during the just-ended holiday season, one of these of considerable interest to Canadians got almost no attention in the press.

Its author was our new prime minister, Justin Trudeau. What he said was unique to him and to this country. Intriguingly, in the views he expressed it's possible to detect some that match those of his wife, Sophie Grégoire-Trudeau. As a further reach — perhaps one too far — it's possible to detect some that echo the opinions of Pope Francis.

We want our economy to expand ... We also want the kind of Canada we once had.

Consider for instance these sentences by Trudeau and then try to identify an equivalent in any other country.

First: "Governments can't solve every challenge. We need Canadians to do more, too."

Then some of Trudeau's examples: "We can give in tangible ways — by donating time or money to ... support our more vulnerable neighbours." And: "We can be more patient and understanding." And, "I hope that this year we can be gentler with ourselves, and with others."

Then his summation: "Let's show each other what it really means to be good; to be Canadian. Let's open our hearts and share love with those around us."

Phew! All of that is most certainly unique. In just about any other country few if any leaders would dare to talk in that way. Entirely sensibly, they would fear being laughed at, and, much worse, heaved out at the next election.

Trudeau, though, dared to say it. He did this because he — and Sophie — believes in it.

It's very likely that few Canadians read or heard of Trudeau's words, most having had

more important seasonal work to do such as keeping their Christmas tree, or its equivalent, more or less straight.

A valid case can be made that Trudeau wasn't elected to preach purity but to run the country more effectively.

For most Canadians these days, the most important issue is that of jobs and salaries. Former U.S. President Bill Clinton's famous comment, "It's the economy, stupid," says just about all that needs to be said.

The state of our economy is more troubling than it's been since in 2008 when we actually escaped a global depression in better shape than almost any other country.

Today, though, our economy lags behind. The global commodity boom, during which we thrived, above all in oil, has evaporated. Our dollar hasn't been as weak in years, its most troubling characteristic being that the cheapness of our currency has earned us few increases in our exports.

At such a time, though, our leader is applying himself to telling us how to be good rather than how to be better-off.

What's intriguing about this contradiction is Canadians

share it. Certainly we want our economy to continue to expand in the way it once did. Almost as certainly, a great many of us also want the kind of Canada we once had, or thought we had, to be "back."

Getting both will be a huge challenge. Throughout the year 2016 it's going to be fascinating watching Trudeau recalibrate his program, which at present encompasses far too many attractive but expensive electoral promises at a time when far too little revenue is coming in to pay for them.

What Trudeau's Christmas statement thus amounted was his declaration that even if he has to step back — quite a way back, indeed — he will still hold to his ideas and dreams.

As time passes, more and more Canadians may come to regard such talk as irrelevant to our economic reality. Some may laugh at such pretensions. Alternatively, many may refuse to give up the Canada that has come back to them.

In our history, it's one of the most radical political choices we have ever had to make.

Richard Gwyn is a Toronto Star columnist.

ROSEMARY WESTWOOD

metroview

CEO salaries are as absurd as they are seemingly intractable

By 12:18 p.m. yesterday, I had accomplished quite a lot.

I woke up, for one, at the respectable time of 7:30 a.m. and rose a reasonable 45 minutes later.

I showered, blitzed a smoothie, walked to work and hit the 10:30 a.m. meeting. By noon, I'd already decided to write this column.

But that is clearly nothing compared to this country's top 100 CEOs. By 12:18 p.m. on Jan. 4, they had already made \$48,636 — otherwise known as the average Canadian's entire salary for the year.

They must have done something to earn it.

Most likely rose well before 6 a.m., thus proving their productivity just by getting up. They probably did a morning workout (it's a regular in the CEO routine) and then found a way to turbo-charge the dragging Canadian economy.

Not quite? Well then. They got up, exercised, and cured our dependency on oil.

Okay, fine. They got up, exercised, and solved child poverty (which afflicts 40 per cent of indigenous children).

Or: They got up, exercised, and helped us all live healthier lives, with less personal debt, greater access to quality food, and better health care.

Wait: Maybe Mark Thierier, CEO of Catamaran Corp., actually did that. His company sells pharmacy benefit and medical record-keeping soft-

ware, so that must be what his \$16.3 million is for.

It's a lot, but he's got nothing on BlackBerry's John Chen, worth \$89.7 million a year.

The figures, crunched by the Canadian Centre for Policy Alternatives, are depressing. You still have a year's worth of work hours left to earn your \$48,000 and change.

It reminds me of The Big Short, which, if you haven't, you should see. The movie is a sad/funny condemnation of the arrogance and impunity that caused the 2008 crisis. It notes that none of the very well paid executives running the banks were prosecuted for the disaster; and, as outlined in the Canadian CEO study, high salaries hardly took a hit when the economy crashed. Sure, some people are going to be richer than others, but the only argument for CEO salaries is that they represent the status quo. It's an absurdity matched only by the seeming intractability of the problem.

Enter the campaign to elect Bernie Sanders. Sanders has many believing that ludicrous power and wealth can be curtailed, and we'll find out this year whether that message is appealing enough to win the Democratic nomination, or even the U.S. presidency.

It'll be November by then, and you'll still face a few hundred hours of work to match what a CEO earned yesterday morning.

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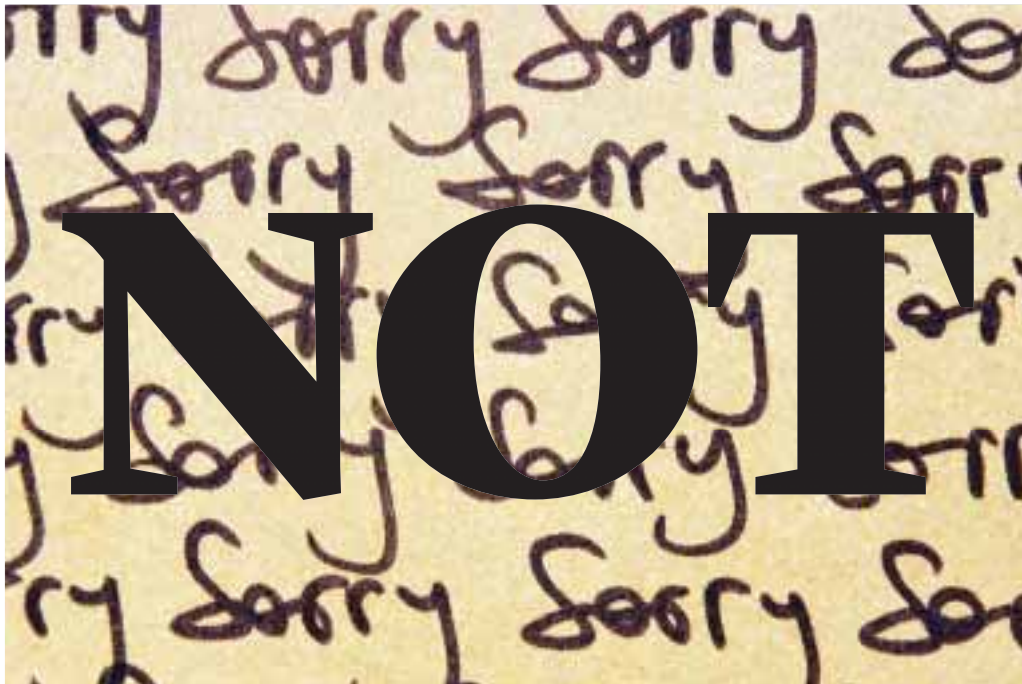
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Selfish and loving it

Author Sarah Knight shares how ceasing to care can change your life

Here's a thought: what if you just quit that job you hate? Or said no to that next annoying baby shower? Or stopped pretending you like Taylor Swift?

Sarah Knight says it's possible. And it's tried and true by the writer herself. The Brooklyn-based author quit her all-consuming, six-figure New York City editing job in June and hasn't looked back. The big move was part of her journey to devote less time to people and things that annoy her.

"I stopped keeping track of my vacation days like a prisoner tallying her sentence in hash marks on the cell-block wall," she writes in *The Life-Changing Magic of Not Giving a F—: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do* (Little, Brown and Company \$20.49) a "practical parody" of Marie Kondo's bestseller of a similar name (*The Life-Changing Magic of Tidying Up*).

"I hung up on telemarketers; I said no to a weekend trip with toddlers; I stopped watching Season 2 of *True Detective* after only one episode."

Knight's Kondo strategy is the "mental decluttering" that she names the "NotSorry Method." Like Kondo, Knight says her tips could be life-changing: "once you begin implementing NotSorry, you'll never want or need to give an extraneous f— ever again."

Instead, you'll give them to people and things that make you happy. Here, Knight talks about her expletive-ridden self-help guide.

You've written the f-word a

lot in this process. Has that word lost any of its power to you?

In my life, the f-word has never been more than something to underscore and emphasize. I did do a count and it's something like 732 f-words in the book. Somebody asked me if I had beat *The Wolf of Wall Street*, so I Googled and I found that *The Wolf of Wall Street* used the f-word, like, 500-and-something times. So I have well-exceeded.

Let's talk about the phrase at the centre of it all. What does this mentality mean — to "not give a f—"?

We all understand the colloquial expression of "not giving a f—" to mean not caring about something. So if I'm like, "I don't give a f— about Taylor Swift," I don't care about Taylor Swift. I don't want to talk about Taylor Swift. I don't want to listen to Taylor Swift. I don't want to click on articles about Taylor Swift.

But what I am saying in my book is to quantify your f—s in terms of time, energy or money — sometimes two of those, sometimes all three — and literally do not give your f—s to things that you don't care about, to things that annoy you. You have to identify the things that make you happy and the things that annoy you.

I love the subtitle: How to Stop Spending Time You Don't Have with People You

Don't Like Doing Things You Don't Want to Do.

I'm glad, because as a publishing professional, I've spent so many years being told "negativity doesn't sell" and "don't be negative." I didn't get any pushback from my publishing team, but I had these little publishers on my shoulder whispering into my ear, "You should try to make it more positive," and I was like, no, this is the point.



If you act selfishly in a lot of circumstances, it only makes you a happier ... person

Sarah Knight

You write that, before, you were socializing with people you didn't like to "appear benevolent." You performed jobs that were beneath you to "appear helpful." You ate disgusting things to "appear gracious." Those are good traits, aren't they?

I don't think so, if it makes you an unhappier person. I really think that selfish has turned into a four-letter word in our society and I don't think it should be. I think that if you look out for Number 1 and if you act selfishly in a lot of circumstances, it only makes you a happier, more well-adjusted, calm person. You're a better colleague, you're a better spouse, you're a better friend, you're a better parent, if you

take the time to live your life the way you want and not constantly be besieged by doing things that you don't want to do. That just makes you cranky.

There's a key difference between "not giving a f—" and being an a—hole. How do you make sure you're on the right side of that line?

I really advocate for a combination of honesty and po-



liteness. I think that a lot of people never get to that point because they're so consumed with guilt and obligation.

Maybe somebody might say that's selfish, that you should go to that baby shower because that's your friend. But if you turn it around, do you want your friends to do things for you that you know they don't want to be doing? I think if the answer is yes, you're an a—hole. The answer should be no.

What's your advice for someone in that situation? Do you say "I can't make it?" That's sort of a lie in a way.

I talk in the book about the sliding scale of honesty. If you don't want to go to something

because you don't like that person's husband and you say "I don't want to come to your party because I don't like your husband." Well, that's very honest, but it's also very rude.

The whole "NotSorry Method" is about taking levels of honesty and politeness and sliding them around on the scale like at the doctor's office when they have to move the little thing around to figure out how much you weigh. You want to find that perfect balance of honesty and politeness.

Sometimes a little fibbing is necessary. You can just say, "So sorry can't make it, have fun." You don't have to invent a whole excuse that's like, "I can't make it because we're going to be in Philadelphia for this thing," and then you have to police your social media and make sure nobody checks you in at this place at this time. Just "I'm so sorry, I can't make it" — it's true.

Are there people that you cut out of your life in this process? Did you "break up" with any friends?

Over the course of the last few months, I have phrased this without naming names or identifying characteristics. There are definitely people that I have stopped making the effort to accommodate, and I think it has served me well.

How have they reacted?

I really haven't received any pushback or blowback. It is



possible people are talking about me behind my back. But since I'm not hearing it, I don't have to give a f—. I really haven't had any confrontations; I haven't had any accusations. I think for the most part, my friends and family have been like, "OK, great, that's who you are. This is funny and fun and I wish I could be more like you."

This isn't just about having more time to do things you actually enjoy. You say that "your f—s affect your mind, body and soul." What do you mean by that?

It goes back to the idea of allowing yourself to look out for Number 1 and be a bit selfish. It's going to stand you in good stead. You're going to be better rested, you're going to be less angry and annoyed. In contrast to the Marie Kondo book, which really focuses on your physical space and clutter, my book is focusing on your mental clutter. Allowing people to lift the burden of guilt and obligation is very good for the soul. TORSTAR NEWS SERVICE

Come to terms with vaping

LEARN THE LANGUAGE

Cut through haze of e-cig slang with this handy glossary

The subculture revolving around the use of e-cigarettes, or “vaping,” has grown rapidly in both the United States and Canada, replete with a range of unique terms.

The following are some commonly used words and phrases in the vaping world.

ADV

“All day vaping” — many like to vape continuously throughout the day and will typically seek a milder flavour of e-juice — the liquid from which inhalable vapour is produced — usually steering away from exotic blends.

Cloud chasing

A competition to see who can produce the largest vapour puffs. Cloud-chasers prefer larger amounts of vapour per drag and blow rings into the air.

Coil

The metal heating element in an e-cigarette that produces vapour from e-juices. Different designs and heating speeds can affect the strength of a drag off an e-cigarette. Coils are usually cleaned every couple of days.

CREAMY
Creamy e-juices are more redolent with non-fruit flavours such as peanut, custard, coffee and chocolate.

PG/VG ratio

A measure of the vapour-vs-flavour balance in e-juice. It refers to the ratio of two major ingredients, propylene glycol and vegetable

glycerin. More VG produces thicker clouds of vapour, but will dampen the flavour.

Stealth vaping

The opposite of a cloud-chaser — stealth vapers seek smaller volumes of vapour

for more discreet vaping in settings such as the office or a restaurant.

Throat hit

Refers to the intensity of a vaping hit. A good throat hit is analogous

to that of a strong cigarette and can be affected by nicotine levels.

Vape on

An oft-uttered rallying cry for vaping enthusiasts. AFP



The fast-growing vaping subculture is creating new ways of talking about e-cigarette use. ISTOCK

+ FITNESS TRENDS

Work out like the stars

A roundup of celebrity-loved workouts that are set to become even bigger in 2016 includes:

Ballet

Thanks to Victoria's Secret Angels putting their runway-ready bodies down to barre classes, 2015 saw ballet-inspired workouts replacing yoga and Pilates class, but 2016 will see what could have been a passing fad develop into a serious fitness trend. Ballet devotees include Gigi Hadid and Victoria's Secret Angel Lily Aldridge.

Boxing

Many of the Victoria's Secret Angels also maintain their high fitness levels and sculpted bodies with boxing. Longest-running Angel Adriana Lima has been a devotee for over 10 of her 16 years as an Angel. But it's not just models who will help the rise in 2016 of boxing's popularity. Holly Holm, who recently beat high-profile Ultimate Fighting Championship (UFC) fighter Ronda Rousey, is an ex-professional boxer.

TRX

Developed by an elite Navy SEAL commando, TRX uses just one piece of equipment, the TRX Suspension Trainer, which enables you to practice over 300 exercises. Jennifer Lopez, Gisele Bündchen, and Gwen Stefani, are all rumoured celebrity fans.

AFP

MINDFULNESS

Whatever your resolutions, meditation can help you achieve them

New Year's resolutions can be all over the map. Maybe you're making small tweaks, like trying to work out more or eat healthier. Or maybe you're striving for big changes — quitting smoking or losing weight. Whatever your resolutions for 2016, mindfulness experts say this popular meditation strategy can help you stay on track and realize your goals.

What is mindfulness?

With its roots in Buddhist meditation traditions, mindfulness is a mental state that's achieved by focusing your thoughts on the present. That sort of focus means you're conscious of your feelings and bodily sensations, and not just living your life on autopilot.

“Are you really tasting the strawberries, or are you just shovelling them in your mouth? If you're talking to a friend, are

you paying attention to all the non-verbal cues?” says Dr. Paul Kelly, clinical director at the Mindfulness Clinic in Toronto. “The richest, most fulfilling human moments we have occur when we're really tuned in to one another.”

Focus on the positive

When it comes to New Year's resolutions, mindfulness strategies can help you shift your focus. Say you want to butt out for good. Sure, you're losing the pleasure of nicotine, but Kelly says practicing mindfulness can help you focus on what you're gaining instead.

“It's important to think about what about this will be positive or rewarding for me. I'll enjoy not coughing as much, not having the smell of cigarettes on my clothing. I'll enjoy sharing with my friends that I've made this change,” he says.

By being aware of the positive gain, you're shifting your mind towards success.

Practice urge-surfing

If you're trying to give up a bad habit — constant snacking, or regularly creeping your ex on Facebook — you should try “urge-surfing,” says psychologist Jonathan Kaplan, director of the SoHo CBT + Mindfulness Center. That means paying attention to your emotions, and the internal and external conditions fuelling your decisions.

With emotional eating, for example, it's easy to reach for the nearest bag of chips because you're acting on autopilot, Kaplan says, rather than paying attention to your feelings and motivations for eating in the first place. “If we don't give into that urge, it'll subside,” he says. “We just have to ride or surf it out.”



If you want to give up a bad habit, like constant snacking or always creeping your ex on Facebook, pay attention to your emotions, says psychologist Jonathan Kaplan. TORSTAR NEWS SERVICE

Start actually meditating

You can apply mindfulness principles in your life, but actually practicing meditation can be the best way to overhaul how you think on a regular basis. Formal meditation starts building our ability to sustain our attention

for longer periods of time, and “cultivating that attitude of acceptance,” says Kaplan. But that doesn't mean you need to sit in a lotus pose for half an hour — even just a few minutes at a time can help you get on track.

Kaplan suggests taking a

meditation class or using an app to get the ball rolling. Kelly says it's also worth doing a mindfulness review at the end of each day, focusing on how you felt and if there were any obstacles you faced in hitting your goals. TORSTAR NEWS SERVICE

GOSSIP BRIEFS

Leo's single again

Leonardo DiCaprio has reportedly called it quits with Sports Illustrated model Kelly Rohrbach after about six months of dating. "They've been broken up for over a month," a source tells *Us Weekly*. "It was mutual. They both have intense work schedules and a lot going on in their lives."

Looks like Hollywood's reigning bachelor is back to his old ways. NED EHRBAR/METRO HOLLYWOOD

Pregnancy rumours

Gwen Stefani and Blake Shelton have hit another milestone in their celeb romance: the unsubstantiated pregnancy rumour. *Star* magazine reports that Stefani and Shelton spent the holidays with a bit of extra cheer due to a supposed bun in Gwen's oven just a few months into their relationship. But just because they could be expecting, doesn't mean they'll be tying the knot. "Gwen is hoping for a wedding, but Blake's not ready," a source warns. One milestone at a time, right?

NED EHRBAR/METRO HOLLYWOOD

Emerging filmmaker gives Netflix public shaming

Filmmaker Xavier Dolan is none too pleased with the way Netflix is handling his acclaimed film, *Mommy* — specifically how they've messed with the aspect ratio.

"Who has bestowed on you the right to revise my choices, and how competently have you pondered the impact of such decision both on my film and the public?" Dolan writes in an open letter to Netflix U.K. posted on his Twitter account.

"You did not direct this movie. You did not write this movie. You did not produce this movie. So can anyone or anything except me warrant the liberty you took upon my work? No."

He seems pretty upset. A Twitter response from a Netflix account representing the U.K. and Ireland thanked Dolan for alerting them and said only "we are looking into this" but chances are they're in shock from a filmmaker having guts to publicly say anything bad about Netflix.

NED EHRBAR/METRO HOLLYWOOD

JOHANNA SCHNELLER WHAT I'M WATCHING

The rom-com gets depressed

THE SHOW: *You're The Worst, Season 2, Episode 12 (FX Canada)*

THE MOMENT: *The Ultimatum*

Sharp-tongued music promoter Gretchen (Aya Cash) lies stone still on a daybed, facing away from her boyfriend Jimmy (Chris Geere), a British expat novelist, with whom she lives in Los Angeles. She won't talk to him.

"Snap out of it!" Jimmy berates her. "Stop it stop it stop it. You're being dramatic and self-pitying and frankly, it's unbecoming."

If she keeps this up, he threatens, he's leaving. With another woman. His phone beeps. It's a text from Gretchen.

"Leave the door unlocked," he reads aloud. "I may want to order food later."

Throughout Season 1 these two cynics, who reject romance, found themselves falling for each other. Each episode posed a relationship test: Should I spend the night? Should we admit we're dating? Should we be exclusive? To their astonishment, they kept passing. But at the beginning of this season, they ran smack into a truly serious



You're The Worst creator Stephen Falk is trying to deepen the rom-com genre but he isn't pulling it off with a plotline involving character Gretchen's bout of depression. BYRON COHEN/FX

problem: Gretchen suffers from depression, and it's pulling her down again. Jimmy can't, or doesn't want to, help her. All fun screeched to a halt.

Series creator Stephen Falk is obviously trying to deepen the rom-com genre, and I admire

him for that. As disconcerting as it is when your hilarious friend suddenly gets serious, comedy can and should go to uncomfortable places. But that's not the problem here. The problem is, Falk hasn't pulled it off.

It's great that he treats the

disease seriously. But he's gone down a rabbit hole, and I don't see how he can snap out of it.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

QUIZ

Can you speak self-entitled? Who said it: Schitt's or Smiths

Which self-entitled sibling duo dropped these outrageous lines: Schitt's Creek's Alexis and David Rose, or Willow and Jaden Smith?

On CBC sitcom *Schitt's Creek*, David and Alexis Rose

(Dan Levy and Annie Murphy) are extravagantly spoiled, fashion-tastic millennial siblings, exiled to a small town where bottle service is what they call that other line at the Beer Store.

As the younger Roses quip their way through a life less fabulous, their lines echo another pair of extravagantly spoiled, fashion-tastic millennial siblings: Jaden and Willow Smith, children of actors Will Smith and Jada Pinkett Smith. Do you speak self-entitled?

Before *Schitt's Creek's* second season debuts on CBC on Jan. 12, try to guess whether these doozies were spouted by the Smiths or the Roses.

1. "I could not be more at one with nature. I do Coachella every year."

2. "There're no novels that I like to read so I write my own novels, and then I read them again, and it's the best thing."

3. "I don't want to be written off as some gorgeous airhead."

4. "I went to school for one year. It was the best experience but the worst experience. The best experience because I was, like, 'Oh, now I know why kids are so depressed.' But it was the worst experience because I was depressed."

5. "I'm trying very hard not

to connect with people right now."

6. "I don't think I'm as revolutionary as Galileo, but I don't think I'm not as revolutionary as Galileo."

7. "I could literally climb a mountain and survive a couple nights in nature. That's a requirement for my clothes because one day I was on the freeway and I saw a mountain, so I literally just pulled over and climbed it."

8. "I miss being surrounded by loose acquaintances who

think I'm funny and smart and charming."

9. "I just have a different kind of relationship with my friends where we don't have to be in constant contact with each other."

10. "The world is like a pimple, everything is about to explode and release the truth onto everyone's patios."

TORSTAR NEWS SERVICE



ANSWERS

10. Willow Smith
9. David Rose
8. Alexis Rose
7. Willow Smith
6. Jaden Smith
5. David Rose
4. Willow Smith
3. Alexis Rose
2. Willow Smith
1. David Rose



"We wanted it more": Russian coach Valeri Bragin didn't mince words when asked what the difference was between his team and the U.S.

Matthews 'is the real deal'

WORLD JUNIORS

Cream of 2016 draft crop impressing pro scouts

Jesse Puljujarvi and Patrik Laine have one thing Auston Matthews does not: a shot at a gold medal at the world junior hockey championship.

Puljujarvi and Laine have joined the conversation as possible top picks in June's NHL draft in large part because of their contribution on the first line on Team Finland, which plays Russia on Tuesday for the gold medal.

Matthews, however, remains a no-brainer for the first pick overall even though the Americans will face Sweden — and another draft eligible, Alexander Nylander — for the bronze.

"Matthews has shown throughout the tournament he is a franchise player," said Mark Seidel, chief scout for the North American Scouting Service, an independent service. "He has been the guy that every team game plans against and still been phenomenal."

"Some will suggest guys like Puljujarvi and Laine have gotten into the conversation for No. 1, but don't believe it."

Every year, the world junior tournament has a handful of important undrafted players. But this year, it's a bonanza for scouts, especially for teams that might be picking in the top five, especially since those five might still be playing.



Auston Matthews missed the age cutoff for the 2015 NHL draft by two days. SEAN KILPATRICK/THE CANADIAN PRESS



He plays the game at full speed all the time.

U.S. coach Ron Wilson on Auston Matthews

Matthews has been the focus of attention since last year's world juniors. Because his birthday is Sept. 17, he just missed last June's draft cutoff for players — they must be 18 by Sept. 15. Many believe he'd have been a top-three pick last year along with Connor McDavid and Jack

Eichel.

"(Matthews) is the real deal," said Dan Marr, chief scout for NHL Central Scouting. "This kid only has an on-switch. He's even hard to play against in practice. He'd have been in the mix with Eichel and McDavid."

Matthews, however, ran into a bit of a brick wall against the Russians, a team of older players.

"I thought we really clicked well and as a team we played unbelievable as well," he said. "We gave 110 per cent and obviously, like I said, it's a tough pill to swallow with losing in the semifinals." TORSTAR NEWS SERVICE

TOP-TIER TALENT

Finland's Jesse Puljujarvi, pictured, leads the tournament with 15 points. His teammate Patrik Laine and Auston Matthews of the U.S. are tied for third with

11 points, though Matthews' seven goals leads the tournament.

GETTY IMAGES



+ SEMIFINALS

Russia eliminates U.S. for third straight year

Yegor Korshkov had the eventual winner and added an assist as Russia advanced to the final of the world junior hockey championship with a 2-1 victory over the United States on Monday.

Russia will face host Finland in the tournament's gold-medal game on Tuesday.

Pavel Kraskovski also scored for Russia and Ilya Samsonov made 26 saves for the win.

Christian Dvorak scored for the United States, which will face Sweden on Tuesday afternoon in the bronze-medal game.

The Russians ousted the U.S. in the tournament for the third straight year.

Finland earns chance to win gold on home ice

Antti Kalapudas scored the winning goal Monday as host Finland advanced to the final of the world junior hockey championship with a 2-1 win over archrival Sweden.

Kalapudas scored on a second-period power play to send Finland to its second championship final in three years. The Finns beat host Sweden 3-2 in the 2014 gold-medal game.

Roope Hintz also scored for Finland. Rasmus Asplund had the lone goal for Sweden.

Kaapo Kahkonen made 21 saves for the win.

THE CANADIAN PRESS

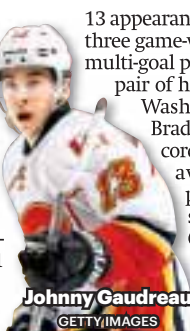
NHL

Gaudreau named December's top star

Calgary Flames forward Johnny Gaudreau is the NHL's first star of December after leading the league with 12 goals in 13 games over the month.

Gaudreau also had six assists as the Flames went 9-4-0 in December and completed a franchise-record run of 11 straight home victories.

He registered at least one point in nine of his



Johnny Gaudreau
GETTY IMAGES

13 appearances, highlighted by three game-winning goals, four multi-goal performances and a pair of hat tricks.

Washington goaltender Braden Holtby (9-0-1 record, 1.69 goals-against average, .947 save percentage) is the second star, while Chicago winger Patrick Kane (nine goals, 10 assists) is the third star.

THE CANADIAN PRESS



IN BRIEF

Price improving but not ready to return to Habs

The Montreal Canadiens say star goaltender Carey Price is not ready to return to the ice as he continues to recover from a lower-body injury.

Coach Michel Therrien said after Montreal's practice Monday that Price's rehab is going well, but he's not ready to resume skating.

Montreal has struggled without its star goaltender, going 5-11-1 in Price's absence. THE CANADIAN PRESS

Kazmir 3-year deal spreads payments through 2021

Scott Kazmir's \$48-million, three-year contract with the Los Angeles Dodgers includes payments through 2021.

As part of the agreement, which includes a \$5-million signing bonus, Los Angeles will defer \$8 million of each year's salary without interest, money payable in equal installments each Dec. 15 from 2019-21.

Kazmir can opt out of the deal following the 2016 season. THE ASSOCIATED PRESS

CFL

Stampeders release veteran linebacker

The Calgary Stampeders have released veteran middle linebacker Juwan Simpson after eight years with the team.

General manager John Hufnagel said in a statement Monday the move was made because of "salary-cap considerations and the need to give an opportunity to younger players."

Simpson has been a Stampeders his entire CFL career and won two Grey Cups with the club. The 31-year-old from Decatur, Ala., played 115 regular-season

3

The number of times Simpson was named a West Division all-star.

games and 11 playoff games for Calgary.

Simpson has recorded 395 career tackles, 24 sacks, three interceptions and seven forced fumbles. THE CANADIAN PRESS

SOCCER

Benitez axed as Real make Zidane the man

Real Madrid fired coach Rafa Benitez after only seven months on Monday and replaced him with its former star player Zinedine Zidane.

Club president Florentino Perez announced the decision at the Santiago Bernabeu stadium on Monday, a day after Madrid's 2-2 draw at Valencia deepened a crisis that started with an embarrassing 4-0 home loss to rival Barcelona in November.

"We have to do our best so that the team is able to win something," said Zidane. "I'm going to put all my heart into Real Madrid." Madrid has won seven of nine matches since the demoralizing defeat to Barcelona but fans continued to

demand the departure of Benitez, whose Liverpool side won the Champions League in 2005.

Real Madrid is third in the Spanish league, four points behind leader Atletico Madrid and two behind Barcelona, which

has a game in hand. France soccer great Zidane, who was Carlo Ancelotti's assistant in 2014 when Real Madrid won the Champions League, has been coaching

Madrid's "B" team in the third division.

Zidane was at the Bernabeu with his wife and four kids.

"I'm more emotional now than when I signed as a player," said Zidane, who ended his career at Madrid in 2006.

THE ASSOCIATED PRESS

“I’m going to put all my heart into Madrid.”

Zinedine Zidane

NBA

Jordan has sights set on Wilt’s record

Wilt Chamberlain, your record is in jeopardy. No, not the 100-point one.

DeAndre Jordan of the Los Angeles Clippers — who has made 25 of his last 28 shots from the field — very quietly made a run at Chamberlain's shooting-percentage record last season and is doing it again.

Jordan has made 149 of his 205 shots this season, putting him just a hair behind the league's all-time mark in that department. Chamberlain

holds the record, set in the 1972-73 season.

How close is Jordan to the mark? He's at 72.683 per cent. Chamberlain's record is 72.696 per cent. If Jordan makes his next shot, he would be on pace to supplant Chamberlain on top of that list. And he's been a huge key to the

Clippers' current six-game winning streak, all while star forward Blake Griffin has been

out with a partially torn left quad tendon.

THE ASSOCIATED PRESS



Wilt Chamberlain, right, and DeAndre Jordan. GETTY IMAGES

IN BRIEF

Williams withdraws from Hopman Cup with injury

Serena Williams withdrew from her opening match at the Hopman Cup on Monday because of inflammation in her left knee, an early setback in her preparations for an Australian Open title defence.

The top-ranked Williams practiced ahead of her scheduled season-opener against Elina Svitolina of Ukraine in the international mixed-team competition at Perth Arena, but withdrew from the match and was replaced by Vicky Duval.

THE ASSOCIATED PRESS

Clemson coach 'optimistic' Lawson will play title game

Dabo Swinney, the Clemson coach, says he is "very optimistic" All-American Shaq Lawson will play in the national college football title game against Alabama after the defensive end missed most of the Tigers' semifinal victory with a knee injury.

Lawson leads the Tigers (14-0) with 10-1/2 sacks and is tops in the country with 23-1/2 tackles for loss. The junior sprained his left knee in Clemson's 37-17 victory against Oklahoma on Thursday. THE ASSOCIATED PRESS

It's good to be wild in the post-season

NFL

Steelers, Chiefs and Seahawks all favoured to win on the road

It looks like it's a good year to be a wild card in the NFL playoffs.

The oddsmakers certainly think so, making Kansas City (3 points), Pittsburgh (2 1-2), and Seattle (5 1-2) favourites on the road in the opening round of the post-season. The only wild card that is an underdog is slumping Green Bay, and by only a point at Washington.

Those wise guys also have made the sixth-seeded Seahawks the third choice to win the NFC at 9-4, behind Arizona and Carolina, each at 2-1 odds. The AFC's sixth seed, the Steelers, also are the third choice behind division winners Denver and New England. As for the upcoming weekend, what they are thinking in Las Vegas is that none of the division winners — Redskins, Texans, Bengals or Vikings — is impressive.

Indeed, much of the talk the past few weeks around the league was about which opponent was a must to avoid, with the Seahawks, Chiefs and Steelers the front-runners in that race.

The Chiefs have done what's necessary in 10 straight games for one of the great turnarounds in NFL history. The Chiefs rank first in the AFC with a plus-14 turnover margin. The defence is formidable and might get back its best player,



The Seahawks will be confident going into Sunday's clash in Minnesota having torched the Vikings 38-7 in Minneapolis on Dec. 6. HANNAH FOSLIEN/GETTY IMAGES

linebacker Justin Houston (knee). They're 5-3 on the road and already have won at the Texans, in the season opener, when KC wasn't nearly so strong.

Although Pittsburgh stumbled badly in Week 16 with its loss at the Ravens, it got another chance when the moment proved too big for the Jets in Buffalo. Considering how the Steelers can ring up points on anyone, plus their strong post-season pedigree with leaders such as Ben Roethlisberg-

er, Heath Miller, Cam Heyward, revitalized James Harrison and coach Mike Tomlin, the Bengals can't be thrilled with Saturday night's matchup.

3

Number of teams — Patriots, Cardinals and Panthers — that are 9-2 co-favourites at the Westgate to hold the Lombardi Trophy aloft.

+ MATCHUPS

AFC: Kansas City (11-5) at Houston (9-7), Sat, 4:30 p.m. ET

AFC: Pittsburgh (10-6) at Cincinnati (12-4), Sat, 8:15 p.m. ET

NFC: Seattle (10-6) at Minnesota (11-5), Sun, 1 p.m. ET

NFC: Green Bay (10-6) at Washington (9-7), Sun, 4:30 p.m. ET

Considering how Minnesota has closed the schedule, winning three straight to grab the NFC North and also with a close defeat at Arizona before that, some might be surprised to see the Seahawks so heavily favoured. If so, those folks have forgotten the shellacking Seattle handed the Vikings in Minneapolis in early December.

For further emphasis, this is a more balanced Seahawks team than the squads that reached the past two Super Bowls. Its defence might not be quite as dynamic, but its offence is vastly superior

to 2013 and '14. And there is this: Seattle fears no one.

"I think people can sometimes forget who we are," star cornerback Richard Sherman said. Only the Packers among the wild cards don't seem fearsome, mainly because their offence has frozen. Yet they play the perceived weakest of the division champions, so no one is counting out Aaron Rodgers and company. Also the Redskins (9-7) didn't beat a team that finished with a winning record.

THE ASSOCIATED PRESS

BRONCOS

QB dilemma faces Kubiak for playoffs

Gary Kubiak isn't ready to say who his starting quarterback is for the playoffs. Choosing between Peyton Manning and Brock Osweiler, though, is a nice problem for him to have. "I would say it's enjoyable because of where we're at," Kubiak said Monday. That would be atop the AFC playoff bracket.

The Broncos (12-4) host a divisional round game Jan. 17. They avoided slipping into the wild-card round when Manning rallied the Broncos to a 27-20 win

“There’s always going to be tough decisions to make.”
Broncos' coach Gary Kubiak

over San Diego on Sunday in his first relief appearance in 21 years, three months and 11 days.

"There's always going to be tough decisions to make," Kubiak said. THE ASSOCIATED PRESS

GIANTS

Coughlin walks away after 12 years

With the New York Giants facing a difficult decision on his coaching future after four straight years out of the playoffs, Tom Coughlin walked away gracefully, doing what was best for him.

The Giants gave him 12 years to run one of the NFL's flagship organizations. He delivered two Super Bowls and restored the franchise to the league's elite for a while. It was mutually beneficial, and so was the departure Monday when the 69-year-old Coughlin resigned rather than

force co-owners John Mara and Steve Tisch to fire him.

The Giants announced the decision one day after the Giants (6-10) capped their third straight losing season with a 35-30 defeat against Philadelphia, their third in a row and sixth in seven games. "I met with (owners) John Mara and Steve Tisch this afternoon, and I informed them that it is in the best interest of the organization that I step down as head coach," Coughlin said in a statement. THE ASSOCIATED PRESS

RECIPE Baked Eggs with Mushrooms



Ceri Marsh & Laura Keogh
For Metro Canada

This light yet comforting dinner is perfect for a night when you get home late feeling like you can't possibly cook.

Ready in
Prep time: 20 minutes
Serves 2

Ingredients

- 2 Tbsp butter
- 2 cups sliced mushrooms
- 1 clove garlic, minced
- 3/4 tsp fresh thyme (maybe 1/2 tsp if you're using dried)
- 1/2 cup Fontina cheese, grated
- 2 eggs
- Salt and pepper to taste

Directions

1. Preheat the oven to 400 F.
2. In a small-ish, oven-safe pan, melt your butter over medium heat. Add the garlic, mushrooms and thyme. Allow the mushrooms to soften for about 3 minutes.
3. Sprinkle the grated cheese evenly across the mushrooms.
4. Now crack the eggs, side by side, over all of it. Slide the pan right into a hot oven. Ten minutes will give you firm whites and slightly runny yolks. Eggs are a very personal business so keep an eye on them!
5. Serve with warm, buttered toast.

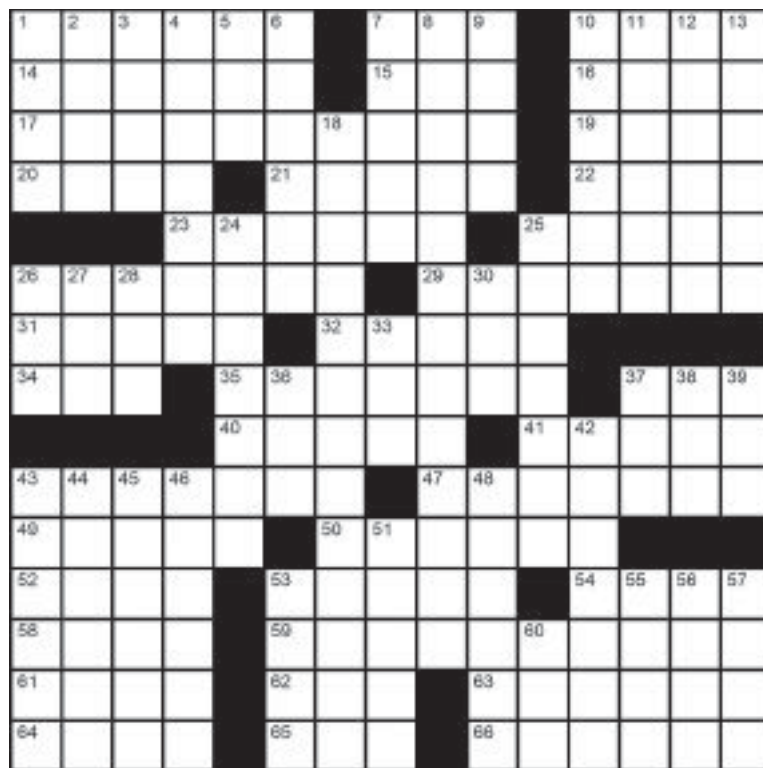
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Brains
7. Printer resolution meas.
10. Apple variety
14. Coffee style: 2 mots
15. Alphabetical, e.g.
16. "Z" (1969) star Mr. Montand
17. Family member who dies of a stroke in *The Grapes of Wrath*: 2 wds.
19. Rat rivals
20. Bypass
21. Tenor role in 1892 opera *Pagliacci*
22. Big name in shoes
23. More grey
25. Actress Kathy
26. Swimming gear
29. CGI = Computer-generated _
31. _ Scialfa (Bruce Springsteen's wife)
32. Gardeners, at times
34. St. John's International Airport code
35. Suggest
37. Stallion's snack
40. Sulky
41. "Cheers" role
43. Parking penalties
47. Belonging to Canadian actor James Doohan's character on "Star Trek"
49. Broadcasting: 2 wds.
50. Department store of yore



52. Not is
53. Mary _ (William Shakespeare's mom)
54. Russian car
58. Swag
59. Trivial Pursuit, and others: 2 wds.
61. Fashion magazine

62. Pre-AD years
63. Federal government centre
64. Jerry's showbiz partner
65. Mythological beatified spirit
66. Canadian hockey great Cam's sur-namesakes

DOWN

1. Droops
2. Gloom
3. Jai _
4. Protective wall or embankment
5. Hint
6. Charlie Chaplin grew/wore one, informally

7. "Lorna _" (1951)
8. Ontario band that makes one think of another part of the country: 2 wds.
9. Oliver! song: " _ Anything"
10. Athlete's stuff-carrier: 2 wds.
11. Fly

12. Dr. in "The Silence of the Lambs" (1991)
13. Similarly not difficult: 2 wds.
18. Elvis Presley movie: 2 wds.
24. Doll sister of Barbie
25. Having been the inspiration, as per movies: 2 wds.
26. Have the drone do a looksee
27. Refuser's ritzy response
28. Baseball great Mel
30. _ Fields (Brand of cookies)
33. Decide
36. Decompose
37. Old _ (Not in style)
38. " _ takers?"
39. Thumbs-up
42. 1959 Ricky Nelson hit: 2 wds.
43. Slogged away
44. Footwear accessory
45. Prairies-grown oilseed crop
46. _ heels (Retro style shoes)
48. Mike _
- Montreal Canadiens goalie
51. Recipe's salt amount: 2 wds.
53. "Waterloo" band
55. Mrs. George Clooney
56. Damp
57. Botanist Mr. Gray's
60. Bell Atlantic + _ _ = Verizon

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Little things will seem less important. But where money matters are concerned be careful you don't let things slide — the line between making a profit and making a loss is not as wide as you seem to imagine.

Taurus April 21 - May 21
Your confidence will soar. You will believe in yourself with every fiber of your being and that belief will make the impossible possible. Don't expect loved ones and colleagues to always be on the same level though.

Gemini May 22 - June 21
Things may look a little gloomy. You won't find it so easy to reach out to the world but that's okay. Try looking in at yourself for a change.

Cancer June 22 - July 23
Someone new will come into your life. Whether or not the friendship stands the test of time remains to be seen but even if it is short-lived it will give you an emotional lift and help restore your faith in people.

Leo July 24 - Aug. 23
You'll attract the attention of some important people. If you play your cards right you might soon be a VIP. The cream always rises to the top.

Virgo Aug. 24 - Sept. 23
Life is good and about to get better. No, really. Even with Mercury, your ruling planet, beginning one of its retrograde phases today you can't help but be more open, outgoing and optimistic.

Libra Sept. 24 - Oct. 23
You'll get the chance to make some serious money, but you could also lose money if you get carried away and start thinking you can't fail. Is there a hidden catch? There may be.

Scorpio Oct. 24 - Nov. 22
No one is immune to your charms. You know exactly what words to use to win others over and you know that even if they resist it is only a matter of time before they give you what it is you desire. You're unstoppable.

Sagittarius Nov. 23 - Dec. 21
Make your routine less exhausting. Find ways to get colleagues to shoulder more. Just because you can do most tasks better than them does not mean you should do everything.

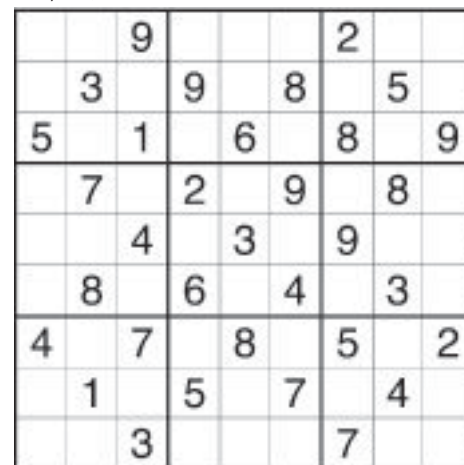
Capricorn Dec. 22 - Jan. 20
This should be one of the most enjoyable times of the year — the only thing that can spoil it is self-doubt. Ignore the voice in your head that says you're out of your league. You're in a league of your own!

Aquarius Jan. 21 - Feb. 19
Let loved ones know what you think of them today, even though it may be less than flattering. Don't worry that you might hurt their feelings. The truth is important.

Pisces Feb. 20 - March 20
You don't care in the slightest what others think — go out of your way to shock today. Life is too short to waste time wondering if others approve of your words and actions.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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metronews.ca/panel



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\$20,000 Lump Sum Refund (on avg)

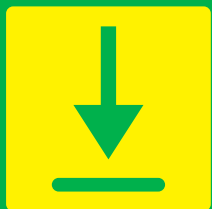
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